

# S.S. Asparagus Pie

**Makes:** 6 Servings

“My mom and I created this recipe five years ago while having to live in Florida (my surgeon is there) for five months due to my surgery,” says Sydney. “We were always trying new recipes and cooking a lot because I was in a wheelchair then. We have always eaten spaghetti squash in our house and I had asked my doctors, nurses, and therapists if they had ever tried it, but most of them had not even heard of it. We decided to come up with a dish for them to try and they loved it! It was so popular that I made it at least once a week as well as every surgery since. My nickname is now S.S. Sydney.” (S.S. stands for spaghetti squash.)

## Ingredients

- 1 spaghetti squash, halved and seeds removed
- 2 **teaspoons** olive oil
- 1/2 **cup** peeled and diced yellow onion
- 1 **bunch** asparagus, ends removed, cut into 1-inch pieces
- 3 garlic cloves, peeled and minced
- 5 large eggs
- 1 **cup** low-fat milk or skim milk
- 1 **cup** shredded low-fat cheese
- Salt and pepper to taste (to taste)

## Directions

1. **Preheat the oven to 400°F** and grease a 9-inch cake or pie pan. Place the squash, cut side up, on a large baking sheet, and bake for about 50 minutes, or until tender. Set aside to cool slightly.
2. **In a large sauté pan**, heat the olive oil over medium heat. Add the onion and sauté for 3 minutes. Add the asparagus and garlic and sauté for about 5 minutes, or until the asparagus is soft and bright green. Remove from the heat



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>151</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	160 mg
<b>Sodium</b>	<b>228 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A

and set aside to cool.

3. **In a large bowl**, whisk together the eggs, milk, cheese, salt, and pepper, then add the cooled onion-asparagus mixture and stir to combine.
4. **Using a fork**, scrape the strands from the spaghetti squash and transfer to the bottom and sides of the greased cake pan, creating an even crust. Press paper towels onto the crust to remove any excess moisture (or you can wring the squash out ahead of time). Pour the egg mixture onto the “crust” and bake for 40 minutes, or until the pie is firm and not wiggly. Enjoy!

The 2015 Healthy Lunchtime Challenge Cookbook